



The weather will be cool but clear this weekend, visit Wilderness Road, Natural Tunnel, Breaks Interstate, Hungry Mother, Grayson Highlands, New River Trail or Shot Tower State Parks. There is a park to close each of us and Mother Nature loves social distancing. **Click on the photo to learn more about our local parks.** Get Outside!!!!

Tips for Working and Schooling from Home:

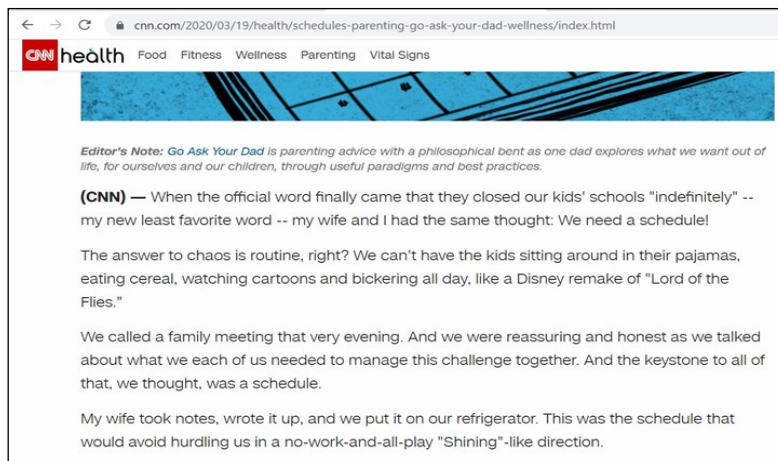
Have a schedule – Check for family calendar/
schedule ideas online

Create a sense of normalcy

Get dressed as usual

Get creative (bake, crafts)

*When working-at-home – turn OFF the news
and listen to music*



Remember, mindfulness takes practice. 15 minutes a day, every day. Try one of these four meditations:

The body scan

Starting with your head and working down to your arms and feet, notice how you feel in your body. Sensing your head and neck, simply notice if you feel tense, relaxed, calm or anxious. See how far you can spread any sensations of softness and relaxation to areas of your body that feel tense. Once you reach your feet, work back up your body.

Focused breathing

Sit comfortably. Tune into your breathing, follow the sensation of inhaling from your nose, into abdomen and out again. Let any tension go with each exhalation. When you notice your mind wandering, return to your breath.

Repeat a mantra

The relaxation response can be evoked by sitting quietly with eyes closed for 15 minutes twice a day, and mentally repeating a simple word.

Important self-care for volunteers, healthcare professionals and First Responders is practicing mindfulness and recuperative meditation.

Try the tips outlined here from the [Medication Guide for Emergency Services Workers and Volunteers from Australia.](#)

Check out family, children and individual yoga instruction—Online and FREE!

Cosmic Yoga- yoga for kids <https://www.youtube.com/user/CosmicKidsYoga>

Yoga with Adriene on Youtube—this one was recently featured on the Today Show. She's got a TON of at-home yoga videos, all free.
<https://www.youtube.com/user/yogawithadriene/videos>

YMCA 360 – 60 FREE on-line videos including yoga and Tai-Chi. <https://ymca360.org/>